

## Appendix C

# Steps for Improving Our School's Food Environment

*Creating a healthier school food environment involves engaging the school community, promoting a healthy eating atmosphere and incorporating nutrition into the curriculum. The Steps for Improving Our School's Food Environment is a tool to help support and identify goals that will have a positive and healthy impact on their students and school community.*

## Section A: How Are We Doing?

Section A provides 12 questions to help schools assess their progress as they move toward creating a healthier school food environment.

### School Community Engagement

- Our school communicates Policy 711 – Healthier School Food Environment and other relevant policies to:
  - students
  - parents
  - school personnel
  - community (businesses/organizations that support school events or fundraisers)
- Our students, teachers, staff, parents and relevant community members have opportunities to provide input and feedback on our schools' food environment by:
  - comments box
  - student survey
  - focus groups of parents
  - focus groups of students
  - school health committee
  - other \_\_\_\_\_
- Where available, free and subsidized food programs are promoted to students and parents through:
  - social media
  - email to parents
  - morning announcements
  - newsletters
  - orientation
  - other \_\_\_\_\_
- Where available, subsidized food programs are offered in a non-stigmatizing manner by:
  - welcoming all students to use the programs
  - school-wide use of meal coupons (instead of cash) at the cafeteria
  - other \_\_\_\_\_
- Partnerships are established within the community to support healthy eating at our school with:
  - local farmers
  - charitable organizations
  - local businesses
  - elders / seniors
  - other \_\_\_\_\_
- Our school ensures that all food service providers are aware of the requirements outlined in Policy 711 – Healthier School Food Environment and other relevant policies including:
  - cafeteria providers
  - hot lunch program providers
  - vending machine suppliers
  - extra-curricular event organizers (such as sporting events, social events, etc.)
  - volunteers
  - other \_\_\_\_\_

7. **Our school and food service providers work together to ensure that the health of our students is the main priority via:**
- regularly scheduled meetings
  - reviewing menus
  - communicating issues
  - sharing suggestions for improvement
  - other \_\_\_\_\_

### Promoting a Healthy School Food Environment

8. **Our school promotes a healthy eating atmosphere for our students by:**
- trusting our students to eat according to their appetite
  - providing supervision during mealtimes
  - providing adequate tables and chairs for students to sit and eat lunch
  - allowing enough time for students to eat and socialize (e.g. consider lunch after playground time, prior to tutoring, club meetings or intramural sports)
9. **Our students receive positive healthy eating messaging in and around our school by:**  
*\* avoid messaging around body shape, weight loss and dieting*
- posters
  - announcements
  - classroom activities
  - events
  - other \_\_\_\_\_

10. **Our school does not promote or market food and beverage companies or brands, and avoids advertisements or logos on the following:**
- food packaging
  - food dispensers
  - vending machines
  - sporting equipment (i.e. team jerseys, hats, jackets, water bottles, etc.)
  - school infrastructure (e.g. score boards and auditoriums)
  - other \_\_\_\_\_

11. **Fundraising activities and events organized by, through or for our school/ students respect and support the Policy 711 – Healthier School Food Environment by:**
- selling non-food items
  - selling higher nutritional value foods and beverages
  - organizing and promoting events that do not include lower nutritional value foods and beverages
  - other \_\_\_\_\_

### Nutrition Education

12. **Our school promotes the link between the curriculum and healthy eating in the following ways:**
- School personnel only provide non-food rewards to students to recognize achievements.
  - Our school builds skills that support healthy eating (e.g. marketing education, food knowledge and skills activities).
  - Healthy eating messages taught in the classroom are respected during school celebrations, events, rewards or incentives (i.e. marketing education, food knowledge and skills activities, gardening, etc.).
  - Our school integrates healthy eating into other curriculum areas (i.e. student/class projects align with a healthy eating environment, non-food items or healthy items are chosen to support classroom learning [counting or sorting], etc.).

## Section B: Goals Setting

After completing the questions in Section A, the next step is to identify your school's goals for the upcoming school year. It is important to work with the whole school community when setting your priorities and communicate often on the success and completion of your goals.

Identify goals that your school will work towards for the upcoming school year.

GOAL:		
Action	Who is responsible	To be completed by

GOAL:		
Action	Who is responsible	To be completed by

GOAL:		
Action	Who is responsible	To be completed by